

ns my Readings WED THU FR Today, Saturday, Oct 21

> My Week (Past 7 days)

My Averages

# Using My Patterns with the CONTOUR<sup>™</sup> DIABETES app

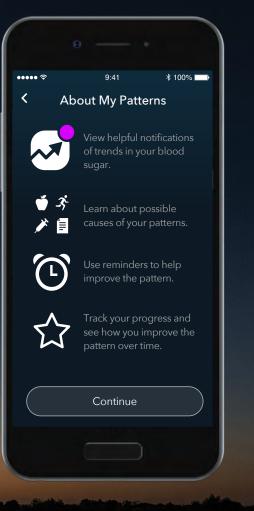
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Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.



diabetes.ascensia.com

The **My Patterns** feature identifies specific patterns and trends in your blood glucose readings and notifies you of possible causes behind them.

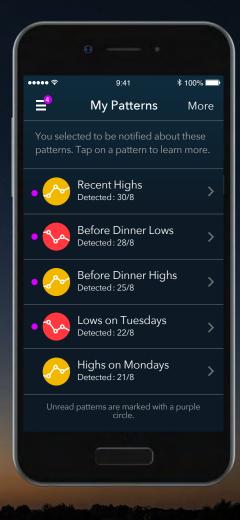


Contour, plus one, Blod Glucse Montoring System

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Contour Plus ONE» Biod Glucose Monitoring System

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# 1. My Patterns

# Choose My Patterns from the Main Menu



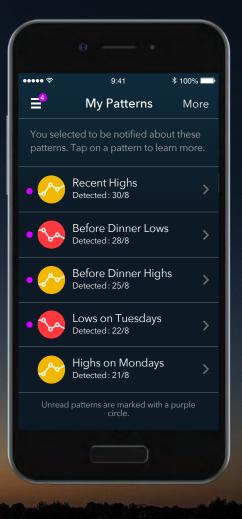
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#### 2.

# **My Patterns**

The **My Patterns** screen will show the patterns that you asked to be notified about. An unread pattern is marked by a purple circle.

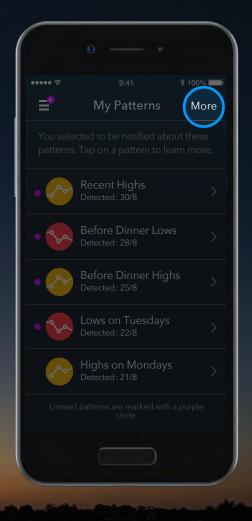


Contour plus one Blod Glucose Monitoring System

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2.

Tap **More** to change your pattern selection or review your pattern history.



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3.

Tap **Pattern Selection** to choose which patterns to be notified about.

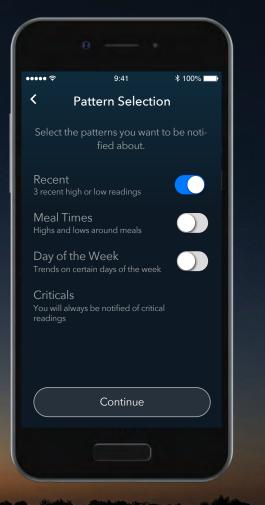
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3.

Tap **Pattern Selection** to choose which patterns to be notified about.



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3.

Tap **Pattern Selection** to choose which patterns to be notified about.

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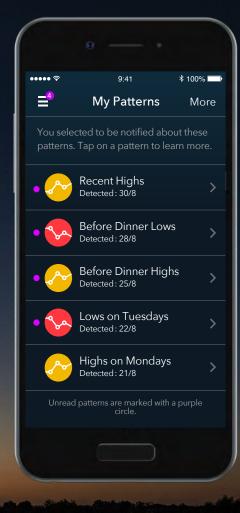
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# My Patterns

4.

Any patterns that have been detected will be listed in the **My Patterns** screen.

The **My Patterns** screen will show the patterns that you asked to be notified about. An unread pattern is marked by a purple circle.



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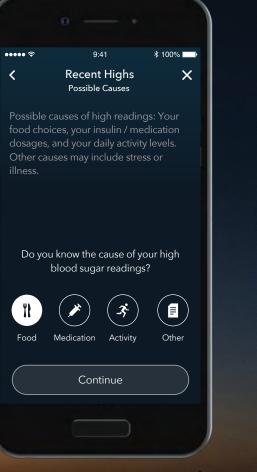
You can see the pattern details and learn more about possible causes.

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	Learn more		



4.

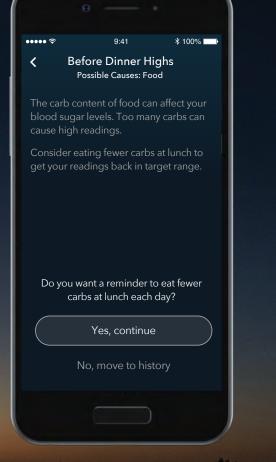
You can learn more about what may cause this pattern, and choose between possible causes such as food, medication or activity.





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You can also set a reminder related to a possible cause.



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At any time, you can go back to a pattern in **Pattern History**.

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In **Pattern History** you can review the patterns detected in the past that are no longer active.

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In **Pattern History** you can review the patterns detected in the past that are no longer active.

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Talk to your Healthcare Professional and refer to the product user guide if you have any questions about the **CONTOUR®PLUS ONE** smart meter or the **CONTOUR™DIABETES app**.

For more information, and to find out whether these products are available in your country, visit **diabetes.ascensia.com**.



Hypothetical patient data for demonstration purposes only. Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.



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